

LAPORAN PENELITIAN
MODEL AKTIVITAS JASMANI SISWA SEKOLAH DASAR

10 – 15 MENIT SEBELUM PEMBELAJARAN DIMULAI

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Abstrak

Secara umum penelitian ini bertujuan untuk mengembangkan model aktivitas jasmani siswa SD kelas awal (1-3) 10 – 15 menit sebelum pembelajaran dimulai. Penelitian dilakukan di Sekolah Dasar Negeri Percobaan 2 Sleman, Yogyakarta.

Penelitian ini merupakan penelitian pengembangan dengan menggunakan model Borg dan Gall, menggunakan sampel untuk ujicoba skala kecil sebanyak 40 siswa kelas 2 Sekolah Dasar, dengan didahului oleh uji ahli dan dilakukan revisi setelah ujicoba skala kecil dilakukan.

Hasil penelitian ini digambarkan dengan tersusunnya sebuah model aktivitas jasmani siswa sekolah dasar 10 – 15 menit sebelum pembelajaran dimulai, yang berisi 10 aktivitas jasmani yang mewakili kemampuan-kemampuan gerak dasar lokomotor, non-lokomotor, dan stabilisasi yang disusun sesuai dengan karakteristik anak kelas awal dengan memperhatikan perkembangan dan pertumbuhan anak serta mempertimbangkan kondisi sekolah dasar di Daerah Istimewa Yogyakarta.

A RESEARCH REPORT

**MODELS OF PHYSICAL ACTIVITIES IN 10 -15 MINUTES BEFORE STARTING THE
LESSON FOR ELEMENTARY SCHOOL STUDENTS**

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Abstract

In general, the objective of this research study is to develop models of physical activities for elementary school students in early years (grade 1-3) in 10 – 15 minutes before the lesson starts. This research was conducted in SD Percobaan 2 Sleman, Yogyakarta.

This is a research and development using the Borg and Gall model, using small scale of samples involving 40 grade 2 of elementary school students, preceded by expert judgments and made revision after small scale trials.

The result of this research study was in the form of models of physical activities for elementary school students done in 10 – 15 minutes before the lesson started involving 10 physical activities representing the basic movement abilities of locomotion, non-locomotion, and stabilization which were arranged in accordance to the characteristics and the development and the growth of the students as well as considering the condition of elementary schools in Yogyakarta.